**EXAM REVISION TABLE - FITNESS**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Component | Definition | Factors affecting it | Examples in sport | Test (s) | Good score (male) | Good score (female) | Energy system |
| Cardiovascular endurance |  |  |  |  |  |  |  |
| Muscular strength |  |  |  |  |  |  |  |
| Local muscular endurance |  |  |  |  |  |  |  |
| Muscular power |  |  |  |  |  |  |  |
| Anaerobic power |  |  |  |  |  |  |  |
| Speed |  |  |  |  |  |  |  |
| Agility |  |  |  |  |  |  |  |
| Flexibility |  |  |  |  |  |  |  |
| Body composition |  |  |  |  |  |  |  |